

ABOUT THE INSTRUCTORS

PAUL FORBES

- Head football coach,
- St. Michael's Kerry Blues, 1984—present
- Level 3 NCCP for football
- 7 time Metro Bowl winner
- U of T and York University 1971-75

FRANK TRENTADUE

- Metro Toronto High School All-Star 1983
- AUAA All Star '86 '87
- CIAU 2nd Team All-Canadian '87, St. FXU
- Defensive Coordinator, St. Michael's Kerry Blues
- Head Coach, Toronto Junior Argonauts (Varsity Division, CJFL)
- Level 3 NCCP for football
- Certified Weightlifting Instructor, 2005



MARCH 12 — 16,
2011

To Register:

Send application and cheques to
Toronto Jr. Argonauts Football
c/o Frank Trentadue
1515 Bathurst St. Tor. On. M5P3H4
Cheques payable to:
TORONTO JUNIOR ARGONAUTS
Phone: 416-653-3180 ext.147
Email: kerryblues1@hotmail.com

TORONTO JUNIOR ARGONAUTS MARCH BREAK FOOTBALL CAMP



The March Break Camp

will focus on

Football Skills & Strength

Register by March 1st to receive
a \$25 discount

Sibling discounts are available

kerryblues1@hotmail.com

MARCH 12 — 16, 2011

OUR CAMP OFFERS

- The ideal environment for learning and enjoying football
- Balanced activities to keep players energized, stimulated, and well rounded
- Dedicated and experienced quality instruction
- Individual attention for each participant
- Fun positive experiences to enhance skills acquisition

WHAT WE DO

- Teach the fundamentals of
 - Passing and Catching
 - Blocking and Tackling
 - Positional Play
 - Strength and Conditioning
- Motivate and encourage students who have a love of the sport
- Innovative teaching techniques
- Keep kids enthusiastic
- Build confidence and Self-Esteem

WHAT WE PROVIDE

- Use of Helmet and Shoulder Pads
- Jersey for you to keep (you bring your own mouthguard and footwear).
- Football cleats are optimal but regular running shoes are effective as well.

Program:

- 9am—12pm
- \$200 (15 hrs. Qualified Instruction focusing on fundamental skills and conditioning.
- Limited contact.
- Drills and exercises to enhance level of fitness and skill

ON THE FIELD (CROSS TRAINING INSTRUCTION)

- Talks and tips on how to handle sports and school and succeed in both
- Fun “team tasks” and “team challenges” to develop character in a fun and enjoyable atmosphere

CAMP ALUMNI

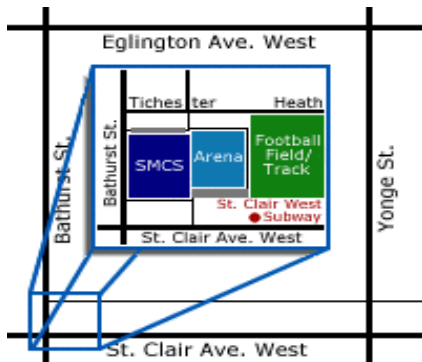
John Miniaci—Queen's Golden Gaels (OUA)
Wesley Maynard—Concordia Stingers (OUA)
Carlo Trentadue—U of T Varsity Blues (OUA)
Domenic DiCarlo—Queen's Golden Gaels (OUA)
Louis Polyzois—Windsor Lancers (OUA)
Martin Colangelo—Queen's Golden Gaels (OUA)
Ian Sherriff-McGill Redmen (QUFL)
Paul Adamic-Guelph Gryphons (OUA)
Derrick Wiggan—Queen's Golden Gaels (OUA)

TORONTO JUNIOR ARGONAUTS MARCH BREAK FOOTBALL CAMP

Enjoy a great indoor football
experience on the

Eugene Melnyk Sports Field

At the northeast corner of Bath-
urst and St. Clair Ave. W



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2011

kerryblues1@hotmail.com



**TORONTO
JUNIOR ARGONAUTS
MARCH BREAK
FOOTBALL CAMP**

WAIVER

I, we, the parents, hereby waive, release and discharge any and all claims for death, personal injury, property damage, or loss of personal property which may accrue as a result of participation in this program. The release is intended to discharge in advance, the promoters, other players, sponsors, officials, owners and operators of the premises, the school, its directors and officers, municipality or other public entities from and against any and all liability arising out of, or connected in any way with, the participation in said program.

Signature of Player

Signature of Parent(s) or Guardian(s)

Date: _____



TESTIMONIALS

“What an awesome camp! I had an amazing time and I learned many new skills to help bring me to the next level in football. I am glad I went. I hope they do it again.”

“A very well run camp! Organized, fun, and full of skill development.”

“My son had a wonderful time at camp and was sorry to see it end so soon. He would have gone all summer had it been available. The camp really helped him to develop his skills and that, in turn, helped boost his confidence.”

“He loves football and this camp was such a positive experience for him that he loves the sport all the more.”

“I had a fun time at camp and learned some new skills.”

“Thanks so much for the photos, I've passed them along to family and friends. The boys had a great time at camp, again!”

“Thanks so much for the note and these photos! That is a really fun thing to do and fun for the Mom's and Dad's to see.. Our son had a fantastic camp--loved it this year and met lots of other kids. He said that he will definitely do this camp again.”



Name: _____

Email: _____

Phone: (H) _____

(B) _____

© _____

Age: _____ Birthdate: _____

Position (off/def) circle one

Most recent Club/Team _____

School attending _____

Allergies/Special Needs _____

Emergency Contact: _____

Emergency Contact Ph# _____

Health Card # _____

Parent's Signature: _____

Player's Signature: _____

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